# NNSY Callaghan Fitness Center presents the JILDING CHAMPIONSHIPS alute to The ADMISSION FOR SPECTATORS! Judging begins at 4 p.m. Military All Natural this contest is Open to active duty, reservists, retirees and family Saturday, October 6, 2007 at the Drydock Club, members 18 years and up. Scott Center Annex Military & DoD Open this contest is open to all listed above and all active Department of Defense employees. Life Fitness will donate two Life Cycles for the male and female winners in

Entry form, directions and schedule of events on reverse side.



the all military show.

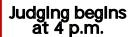
# Norfolk Naval Shipyard 18th Annual Military All Natural and 1st Annual Military & DoD Open Bodybuilding Championships Saturday, October 6, 2007

## **CATEGORIES & AWARDS**

- \* 1st through 5th Women's Novice
- \* 1st through 5th Women's Masters: 35 years & up
- \* 1st through 5th Women's Open
- \* 1st through 5th Young Men: 22 years & under
- \* 1st through 5th Men's Novice
- 1st through 5th Men's Masters: 35 to 44 years & 45 years & up
- \* 1st through 5th Men's Open
- \* Overall Champion Men & Women

## Military /DoD Open

- \* 1st through 5th Couples
- \* 1st through 3rd Women's Masters: 35 years & up
- \* 1st through 5th Women's Open
- 1st through 3rd Men's Masters: 35 to 44 years & 45 years & up
- \* 1st through 5th Men's Open
- \* Overall Champion Men & Women
- \* 1st through 3rd Team Competition (3 or more to a team)
- \* Best Poser Male & Female



NASF registration is required. Call Bob Crist at (757) 851-6394 for more information.



For more

information, call Jackie Stiffler, NNSY Fitness

Coordinator (757) 396-2756 or

393-2959.

- 1. NASF outfit rules Men: One piece, one solid color trunks. Women: Two piece, one solid color, no decorations, flowers or jewelry.
- 2. Contestants must supply two copies of their individual posing music, tape or CD recorded on side one for a maximum of 60 seconds. Please pay close attention to these music titles as it is to your advantage to have good music. Couples have from 90 to 180 seconds.
- 3. The contest director reserves the right to separate or combine height classes to ensure good competition.
- 4. NASF bodybuilding rules and regulations will apply.
- 5. Contest director reserves the right to limit the amount of cross-overs (\$15 fee)
- 6. Participants must sign a statement indicating that they have been drug free for at least one year prior to the contest.

ADMISSION: FREE for spectators.

Coach's Pass - \$5, one coach per athlete.

### **SCHEDULE**

10:30 a.m. to noon - NASF registration for contestants

Noon - Contestants briefing, music turned in, numbers issued

3:30 p.m. - Contestants check in

4 p.m. - Evening show (live judging)

DIRECTIONS - Coming from 64 (East or West) - Take 264 West (Norfolk Portsmouth).

Once on 264, stay in the center lane and follow signs for Portsmouth / Downtown Tunnel

Once through the tunnel, take the Fredrick Blvd. exit and continue to route 17 South.

Make a left on George Washington Highway and your immediate right at first traffic light onto Andrews St. (Scott Center Annex).

Call (757) 396-2754/2756 for more information.

# NNSY 18TH Annual Bodybuilding all Natural and 1st Annual Military/DoD Contest Official Entry Form - October 6, 2007

Name					
Address					
City	State	 		Zip	 
Phone (Day)		 Phone (Night)			
Sex (Check one) Male			Height _		
Email Address					
Team Name					
Military Category:					

Signature \_\_\_

Entered (Circle all that apply) - Young Men Mens Novice Mens Open

Mens Masters Womens Open Womens Masters Womens Novice

Entry fees: Military \$30 per contestant and per couple (\$40 if postmarked after September 14th) and \$15 for each cross-over.

Date

Please make checks payable to MWR FUND.

Military/DoD Category:

Entered (Circle all that apply) - Couples Womens Masters Womens Open Mens Masters Mens Open

Entry fees: Military \$50 per person (pre registration only by September 14, 2007) Limited to the first 25 to register. Post mark no later than

September 14 and \$15 for each cross-over. Please make checks payable to MWR FUND.

In consideration of acceptance of this entry, I, the below signed, intending to be legally bound for myself, my heirs, executors and administrators waive and release all rights and claims for
damages and personal injury that I may have against the Norfolk Naval Shipyard and any other persons and all sponsors, organizers, their representatives and successors and assign for any and
all injuries suffered by me in traveling to, performing in and traveling from said event. I verify that I am physically fit and have sufficiently trained for this event and my condition has been
verified by a licensed medical doctor.

	Dute
(You must sign in order to participate in this event)	